

## YOUTH AND TEEN

### Homeschool Art Blitz w/Janice Radocha (6 classes) NEW

Special program for art requirements. Covers many aspects of art from history to hands on art training. Learn to sketch, draw, transfer, charcoal, pastels, arts and crafts, clay and painting.

**Dates:** Wed., 10:30-12 p.m., Apr. 1-May 6

**Location:** Friendship Center, Room 112

**Fee:** \$77R/\$85NR/\$65M (#10293)



## SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.

**To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA**

**Attn: Therapeutic Recreation Department  
2201 S. Queen Street  
York, PA 17402**

**For additional information, please go to  
[www.eastersealscentralpa.org](http://www.eastersealscentralpa.org)  
or contact Alli Morey at 591-7027 ext. 5386.**

### "Splash It Up" (All Ages)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

**Dates:** Thurs., 6-6:30 p.m., April 2-May 7 (#9886)

Thurs., 6:30-7 p.m., April 2-May 7 (#9887)

Thurs., 7-7:30 p.m., April 2-May 7 (#10181)

**Location:** Friendship Center, Leisure Pool

**Fee:** \$80 per person

**\*Hearing impaired swim: see page 18.**

## AEROBIC/FITNESS/DANCE

### Body Pump (Ages 16+) NEW

New! Exciting! Body Pump comes to the Friendship Center. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for . . . and fast!

**Dates: (1 day per week) (10 classes-60 min.)**

\*Mon., 7:30-8:30 p.m., Mar. 30-June 8 (#10155)

Wed., 7:15-8:15 p.m., Apr. 1-June 3 (#10156)

Thurs., 4:30-5:30 p.m., Apr. 2-June 4 (#10150)

Sun., 12-1 p.m., Mar. 29-June 7 (#10148)

Sat., 9:15-10:15 a.m., Apr. 4-June 13 (#10149)

**Location:** Friendship Center, Room 118 (\*East Annex)

**Fee:** 1/week (60 mins.) — \$44R/\$48NR/\$37M

**Dates: (2 days per week) (20 classes-45/60 min.)**

Mon./Wed., 5:40-6:30 a.m., Mar. 30-June 8 (#10151)

**Fee:** 2/week (45 mins.) — \$62R/\$67NR/\$54M

Mon./Wed., 9:30-10:30 a.m., Mar. 30-June 8 (#10153)

**Fee:** 2/week (60 mins.) — \$79R/\$82NR/\$67M

**Location:** Friendship Center, Room 118

**Dates: (1 day per week) (10 classes-45 min.)**

Fri., 5:40-6:30 a.m., Apr. 3-June 12 (#10152)

**Location:** Friendship Center, Room 118

**Fee:** 1/week (45 mins.) — \$32R/\$37NR/\$27M

### Les MillsTaster Presentation FREE! FREE! FREE!

One day "sampler" class of 4 new potential programs at the Center and its FREE w/Master Trainers!

Sunday, March 22, 2009, 12-2 p.m. (#10278)

**Features:** Body Combat, Body Attack, Body Flow (bring yoga mat) and Body Jam.

Each form will be 1/2 hour. Participate in all 4 or pick your favorite. Space limited-must preregister!

### Zumba™ (Ages 16+) NEW

New! Exciting! A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

### Intro to Zumba (Ages 16+) NEW

A one day intro class. Free! Must pre-register. Max: 30.

**Date:** Tuesday, March 24, 6:30-7:30 p.m. (#10272)

-OR- Thursday, March 26, 6:30-7:30 p.m. (#10273)

**Location:** Friendship Center, Room 118

**Fee:** Free to first 30 pre-registrants.

### Zumba w/Monica (Ages 16+) (10 classes) NEW

**Date:** Tues., Mar. 31-June 2, 6:30-7:30 p.m. (#10274)

-OR- Thursday, Apr. 2-June 4, 6:30-7:30 p.m. (#10275)

**Location:** Friendship Center, Room 112

**Fee:** \$32R/\$37NR/\$26M

## AEROBIC/FITNESS/DANCE

### SPINNING & INDOOR CYCLING

#### Spin and Strength w/Karen (Ages 16+) (20 classes)

Great workout that will make you sweat. If you never tried it before or haven't done it in a while, give it a try.

**Dates:** Mon./Fri., 9:45-10:30 a.m.,  
Mar. 30-June 8

**Location:** Friendship Center,  
Room 115

**Fee:** \$85R/\$88NR/\$71M (#10108)



#### Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates:** (1 day per week) (10 classes-45 min.)

Wed., 12:15-1 p.m., Apr. 1-June 3 (K) (#10259)

Fri., 5:45-6:30 a.m., Apr. 3-June 5 (K) (#10260)

Sat., 8:15-9 a.m., Apr. 4-June 13 (MJ) (#10262)

Sun., 1:15-2 p.m., Mar. 29-June 7 (MJ) (#10255)

Tues., 5:45-6:30 p.m., Mar. 31-June 2 (MJ) (#10254)

Thurs., 5:45-6:30 p.m., Apr. 2-June 4 (MJ) (#10261)

**Fee:** 1/week (45 mins.) \$24R/\$28NR/\$20M

**Dates:** (2 days per week-45 minutes) (20 classes)

Mon./Wed., 6:15-7 p.m., Mar. 30-June 8 (MJ) (#10263)

Tues./Thurs., 5:45-6:30 a.m., Mar. 31-June 8 (MJ)  
(#10256)

**Location:** Friendship Center, Room 115

**Fee:** 2/week (45 mins.) \$46R/\$54NR/\$38M

**Instructor Code:** (MJ) Mary Jo, (K) Kim

#### Indoor Cycling (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates:** (1 day per week) (10 classes-45 min.)

Fri., 8-8:45 p.m., Apr. 3-June 5 (D) (#10265)

Sun., 3-3:45 p.m., Mar. 29-June 7 (D) (#10266)

**Fee:** 1/week (45 mins.) \$24R/\$28NR/\$20M

**Dates:** (2 days per week-45 minutes) (20 classes)

Tues./Thurs., 4:30-5:15 p.m., Mar. 31-June 4 (M) (#10227)

Tues./Thurs., 8:30-9:15 p.m., Mar. 31-June 4 (D) (#10224)

Mon./Wed., 5:45-6:30 a.m., Mar. 30-June 8 (D) (#10225)

Mon./Wed., 8:30-9:15 p.m., Mar. 30-June 8 (D) (#10226)

**Location:** Friendship Center, Room 115

**Fee:** 2/week (45 mins.) \$46R/\$54NR/\$38M

**Instructor Code:** (D) Darryl, (J) Janeal, (M) Michelle

#### Endurance Ride w/Kim (Ages 16+)

Take an afternoon spin ride and get a great workout.

**Date:** Saturday, February 28, 2-4 p.m.

**Location:** Friendship Center, Room 115

**Fee:** \$12R/\$15NR/\$10M (#9981)

## AEROBICS/FITNESS/DANCE

#### Low Impact w/Lori (20 classes)

High energy, low impact moves.

**Dates:** Mon./Wed., 4:30-5:30 p.m., Mar. 30-June 8

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (#10126)

#### Combo w/Kelly and Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

**Dates:** Mon./Wed., 6-7 p.m., Mar. 30-June 8

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (#10107)

#### Abs, Back & Legs w/Kelly (10 classes)

Focus on strengthening/toning the abs, back and legs.

**Dates:** Mon., 7-8 p.m., Mar. 30-June 8

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$26M (#10115)

#### Strength Training w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

**Dates:** Tues., 4-4:40 p.m., Mar. 31-June 2

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$27M (#10139)

#### Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

**Session I:** Tues./Thurs. 10:30-11:15 a.m., Mar. 31-May 7 (#10137)

**Session II:** Tues./Thurs. 10:30-11:15 a.m., May 12-June 18 (#10138)

**Location:** Friendship Center, Gym #2

**Fee:** \$66R/\$71NR/\$56M

#### Abdominal Toning w/Karen (10 classes)

Exercise specific to toning the core muscles for great looking abs w/trainer; also discussion on "eating" and abs.

**Dates:** Mon., 9-9:30 a.m., Mar. 30-June 8

**Location:** Friendship Center, Room 112

**Fee:** \$45R/\$48NR/\$38M (#10298)

#### Kickboxing w/Karen (20 classes)

Cardio kickboxing class with focus on form and fun.

**Dates:** Tues./Thurs. 9:15-10:15 a.m., Mar. 31-June 4

**Location:** Friendship Center, Room 118

**Fee:** \$76R/\$81NR/\$64M (#10117)

## AEROBICS/FITNESS/DANCE

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### **Salsa Aerobics w/Gina (Ages 16+) (10 classes)**

Dance and have fun to Latin rhythms and music. Basic merengue, salsa and bachata. Great workout.

**Dates:** Thurs., 6-7 p.m., Apr. 2-June 4

**Location:** Friendship Center, East Annex

**Fee:** \$32R/\$37NR/\$26M (#10111)

### **Weight Loss Boot Camp w/Lori & Mary (21 hours)**

Two trainers to implement a combination strategy of improved eating, interval exercise and a weight training program for maximum weight loss and body fat reduction.

**Session I:** Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Apr. 4-May 13 (#10220)

Orientation: Thurs., Apr. 2 at 6:30 p.m.

**Session II:** Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), May 16-June 27 (#10219)

Orientation: Thurs., May 14 at 6:30 p.m.

**Location:** Friendship Center, East Annex

**Fee:** \$220R/\$225NR/\$185M

### **Boot Camp Express w/Lori & Mary (8 weeks)**

Continuation of Weight Loss Boot Camp but will accept others with approval from trainers.

**2 Day:** Mon./Wed., 6:30-7:30 p.m., Mar. 30-May 20

**Location:** Friendship Center, East Annex

**Fee:** \$92R/\$95NR/\$77M (#10297)

**3 Day Session I:** Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Mar. 30-May 9 (#10295)

**3 Day Session II:** Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) May 11-June 22 (#10296)

**Location:** Friendship Center, East Annex

**Fee:** \$108R/\$113NR/\$90M

### **Strength Training + Abs w/Terri (10 classes)**

Invigorating strength workout including abs. Great mixture.

**Dates:** Fri., 6-6:45 p.m., Apr. 3-June 5

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$27M (#10140)

### **Step Aerobics (Ages 16+) (10 classes)**

Real intense workout for all levels.

**Dates:** Fri., 9:30-10:30 a.m., Apr. 3-June 5

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$26M (#10276)

### **Middle Eastern Dance w/Karida (6 classes)**

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

**Dates:** Mon., 6-7 p.m., Mar. 30-May 4

**Location:** Friendship Center, Room 106/109

**Fee:** \$50R/\$53NR/\$45M (#10302)

### **Yogalates w/Terri (10 classes)**

Yoga mixed with pilates. Great mixture.

**Dates:** Tues., 4:45-5:30 p.m., Mar. 31-June 2

**Location:** Friendship Center, Room 118

**Fee:** \$36R/\$39NR/\$30M (#10103)

### **Basic Hatha Yoga w/Certified Instructors (8 classes)**

De-stress and come enjoy a yoga practice that may help you slow/calm down. Explore new postures and techniques in a slow paced class. All levels are welcome.

**Dates:** Tues., 7-8 a.m., Mar. 31-May 19 (#10143)

OR- Tues., 5:30-6:30 p.m., Mar. 31-May 19 (#10119)

OR- \*Tues., 10:15-11:15 a.m., Mar. 31-May 19 (#10120)

OR- Thurs., 7-8 a.m., Apr. 2-May 21 (#10144)

**Location:** Friendship Center, East Annex, \*Room 118

**Fee:** \$72R/\$77NR/\$60M

### **Vinyasa Yoga I w/Certified Instructors (8 classes) (All levels)**

Enjoy the benefits of a dynamic yoga practice: increase strength, flexibility, endurance, stamina and relaxation.

Based on the Ashtanga Vinyasa Yoga sequence of postures. Can be physically/mentally challenging. Bring yoga mat. Moderately strong paced class and students should be in good physical health. All levels.

**Dates:** Tues., 6:30-7:30 p.m., Mar. 31-May 19

**Location:** Friendship Center, East Annex

**Fee:** \$72R/\$77NR/\$60M (#10110)

### **Aerobic Focus w/Carol (20 classes)**

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/weight training.

**Dates:** Tues./Thurs., 5:30-6:15 p.m., Mar. 31-June 4

**Location:** Friendship Center, Room 118

**Fee:** \$55R/\$58NR/\$46M (#10109)

### **20/20/20 w/Janeal (20 classes)**

20 minute segments of step, aerobics/weights and abs.

**Dates:** Tues./Thurs., 6:30-7:30 p.m., Mar. 31-June 4

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (#10242)

### **Fitness Fusion w/Janeal (20 classes)**

Variety of cardio, step, interval, muscle and ab training.

**Dates:** Tues./Thur., 7:30-8:15 p.m., Mar. 31-June 4

**Location:** Friendship Center, Room 118

**Fee:** \$55R/\$58NR/\$46M (#10104)

### **1-on-1 Mat Pilates w/Terri (6 sessions)**

Personal, one-on-one training available. (1/2 hour sessions.)

**Dates:** By appointment

**Location:** Friendship Center, Room 112

**Fee:** \$220R/\$225NR/\$200M (#10135)

## AEROBICS/FITNESS/DANCE

### New York City Ballet Workout w/Sara (8 classes) (16+)



Incorporates elements of ballet, pilates, and aerobics (no dance training necessary). A workout program geared to all levels, combining stretching w/strengthening to improve muscle tone, flexibility, cardio stamina/posture.

**Dates:** Wed., 12:00-12:50 p.m., Apr. 8-May 27

**Location:** Friendship Center, Room 118

**Fee:** \$84R/\$89NR/\$70M (#10060)

### Core Cut Interval w/Karen (10 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

**Dates:** Wed., 9:30-10:30 a.m., Apr. 1-June 3

**Location:** Friendship Center, Gym #1

**Fee:** \$60R/\$63NR/\$50M (#10116)

### Core Cut Intervals w/Lori & Mary (6 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

**Session I:** Mon./Wed., 5:30-6:30 p.m., Mar. 30-May 6 (#10188)

**Session II:** Mon./Wed., 5:30-6:30 p.m., May 11-June 22 (#10189)

**Location:** Friendship Center, East Annex

**Fee:** \$91R/\$94NR/\$77M

### A.M. Weight Loss Boot Camp w/Karen (21 hours)

Program includes a healthy eating plan, fit testing/weekly weigh-ins, exercise program w/3.5 hours/week with a personal trainer in small group setting. For those with 15+ pounds to lose. Must attend all 3 sessions per week.

**Session I:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Mar. 30-May 8 (#10236)

**Session II:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), May 11-June 22 (#10237)

**Location:** Friendship Center, Gym #1

**Fee:** \$220R/\$225NR/\$185M

### Weight Loss Boot Camp Phase II w/Karen (6 weeks)

For previous participants of Weight Loss Boot Camp. Exercise only program blends interval/strength work with challenging cardio. 1/2 time w/trainers and 1/2 on own. Must attend all class times.

**Session I:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Mar. 30-May 8 (#10221)

**Session II:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), May 11-June 22 (#10222)

**Location:** Friendship Center, Gym #1

**Fee:** \$98R/\$103NR/\$82M

### Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

**Dates:** Tues., 5:45-6:30 p.m., Mar. 31-June 2 (Code 10106)\*

-OR- Fri., 5-5:45 p.m., Apr. 3-June 5 (#10105)

**Location:** Friendship Center, Room 118, \*Room 112

**Fee:** \$48R/\$51NR/\$40M

### Beginner Pilates w/Terri (10 classes)

Increase overall flexibility, improve posture and core strength. Relaxing and effective. All levels.

**Dates:** Fri., 4:15-4:45 p.m., Apr. 3-June 5

**Location:** Friendship Center, Room 118 (#10301)

### Saturday Morning Cardio Pump w/Darryl (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

**Dates:** Sat., 9:30-10:30 a.m., Apr. 4-June 6

**Location:** Friendship Center, East Annex

**Fee:** \$32R/\$37NR/\$26M (#10130)

### Weekend Kickboxing w/Karen & Lori (6 classes)

Start your weekend off with a cardio intense impact kickboxing. Proper form and technique taught — use of gloves and free-standing boxing bags.

**Session I:** Sat., 8-9 a.m., Apr. 4-May 9 (#10113)

**Session II:** Sat., 8-9 a.m., May 16-June 20 (#10114)

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$67NR/\$54M

### Golden and Great w/Kim (60+) (10 classes)



Total body conditioning for the active older adult co-ed or those who need to ease back into a training program. Increase muscular strength, endurance, flexibility, agility, balance, coordination and range of movement. Combine cardiovascular and strength exercise, utilizing weights and resistance bands. No complicated choreography. Excellent workout in a great social setting!

**Dates:** Thurs., 10-11 a.m., Apr. 2-June 4

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$26M (#10277)

### The Exclusive "Max Makeover" w/Bentz

Apply/interview for a spot in the 16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, goals, exercise prescription, nutrition plan, customized exercise DVD, nutrition book and training log.

**Date:** TBA

**Location:** Friendship Center

**Fee:** TBA (#10230)



## AEROBICS/FITNESS/DANCE

### YOGO w/Mobile Mommy Fitness (6 classes)

Preschoolers/Kindergartners love YOGO classes! Strengthen your relationship w/child and exercise together. YOGO incorporates the body disciplines of Yoga and introduces fitness to your child on the road to a healthy lifestyle. For moms and children, preschool through kindergarten.

**Session I:** Tues, 9:30-10:15 a.m., Mar. 31-May 5 (#10287)

**Session II:** Tues, 9:30-10:15 a.m., May 12-June 16 (#10288)

**Location:** Friendship Center, Room 112

**Fee:** \$68R/\$71NR/\$58M

### Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

**Dates:** Tues., 7-8 p.m., Mar. 31-May 19 (#10239)

OR- Thurs., 7-8 p.m., Apr. 2-May 21 (#10240)

**Location:** Max Fitness, 3401 N. 6th St. Harrisburg

**Fee:** \$65R/\$70NR

### Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

**Dates:** Mon., 7:30-9 p.m., Mar. 30-Apr. 20

**Location:** Friendship Center, Room 106/109

**Fee:** \$64R/\$72NR/\$54M per cpl. (#10185)

### Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

**Dates:** Tues., 3-4 p.m., Mar. 31-June 2

**Location:** Friendship Center, Room 118

**Fee:** \$42R/\$52NR/Free to Members! (#10223)

### Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

**Dates:** TBA

**Location:** Friendship Center

**Fee:** \$15R/\$18NR/\$12M (#10294)

### Monavie - "The Juice" Presentation

A blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

**Date:** Wednesday, March 25, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (#10132)

## ADULT SPORTS/LEISURE

### Stress: Adapt or Perish w/Dr. Scott LeVan (18+)

Learn about the causes and how to improve your reactions to stress.

**Date:** Tuesday, March 24, 6-7 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (#10234)

### Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

**Education Funding:** Tuesday, March 24, 7-8:30 p.m. (#10228)

**Financial Concepts 101:** Tuesday, April 14, 7-8:30 p.m. (#10229)

**Location:** Friendship Center, Conf. Room

**Fee:** \$3R/\$5NR Free to members!

### Learning Problems and Hyperactivity w/Dr. Homza (16+)

Family turmoil with children, doing kids homework instead of helping, notes sent home from school?

Looking for a natural solution? Learn truths about ADD and ADHD.

**Date:** Thursday, March 26, 6-7 p.m.

**Location:** Friendship Center, Room 109

**Fee:** Free to public — must pre-register! (#10252)

### Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

**Dates:** Weds., 6-7 p.m., Apr. 1-Apr. 22

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (#10191)

### Advanced Photography w/Fashion Mystique (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

**Dates:** Weds., 6-7 p.m., Apr. 29-May 20

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (#10190)

### The Keys to Great Decorating w/Barbara Tabak

"Save Time, Money and Your Sanity With These Simple Steps." Learn the keys to great decorating w/advice on how to plan and execute a decorating project. Before and after pictures of decorated rooms.

**Date:** Thursday, March 26, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$3R/\$5NR/Free to Members (#10267)